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physician & healthcare

reference guide

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Daniel Blizzard, D.O., FAFAP
BOARD CERT: Family Medicine
MEDICAL SCHOOL: Des Moines University
Ocean Isle Family Medicine, 120 Causeway Drive, Suite 4
Ocean Isle Beach
(910) 575-5242 • www.OceanIsleFamilyMedicine.org



John Fillmore, FNP-C
BOARD CERT: Family Nurse Practitioner
MEDICAL SCHOOL: Master's Degree in Nursing: Pace University
and New York Medical College
Oceanside Family Medicine & Convenient Care
5145 Sellers Street, Shallotte
910-754-4441 • www.OceansideFamilyMedicine.org



Christopher Isenhour, M.D.
BOARD CERT: Family Medicine
MEDICAL SCHOOL: University of North Carolina at Chapel Hill
Oceanside Family Medicine & Convenient Care
5145 Sellers St., Shallotte
(910) 754-4441 • www.OceansideFamilyMedicine.org



Clark Pritts, DO
BOARD CERT: Family Medicine
MEDICAL SCHOOL: Michigan State University College of
Osteopathic Medicine
Oceanside Family Medicine & Convenient Care
5145 Sellers Street, Shallotte
910-754-4441 • www.OceansideFamilyMedicine.org



Angela Thompson, M.D.
BOARD CERT: Family Medicine
MEDICAL SCHOOL: Wayne State University School of Medicine
Oceanside Family Medicine & Convenient Care
5145 Sellers St, Shallotte
(910) 754-4441 • www.OceansideFamilyMedicine.org



Marie Wheatley, FNP-C
BOARD CERT: Family Nurse Practitioner
MEDICAL SCHOOL: Master's Degree in Nursing: Duke University
Oceanside Family Medicine
& Convenient Care
5145 Sellers Street, Shallotte
910-754-4441 • www.OceansideFamilyMedicine.org

INTERNAL MEDICINE



James Moreci, M.D.
BOARD CERTIFICATION: Internal Medicine
MEDICAL SCHOOL: University of Pittsburgh School of Medicine
Calabash Internal Medicine
9970 Beach Drive SW, Unit 1, Calabash
(910) 579-8363 • www.CalabashInternalMedicine.org



Peter E. Schottlander, M.D.
BOARD CERT: Internal Medicine
MEDICAL SCHOOL: New Jersey Medical School
Calabash Internal Medicine
10 Doctor's Circle, Suite 6 • Supply & 9970 Beach Dr SW Unit 1 Calabash
(910) 579-8363
www.CalabashInternalMedicine.org

OBSTETRICS & GYNECOLOGY



Robert E. Hassler, M.D., FACOG
BOARD CERT: Obstetrics & Gynecology
MEDICAL SCHOOL: New York Medical College
Brunswick Women's Center
14 Doctors Circle, Suite 5, Supply
(910) 754-9166 • www.BrunswickWomensCenter.org



Tracey McCarthy, DO
MEDICAL SCHOOL: Pikeville College of Osteopathic Medicine
Brunswick Women's Center
Locations in Supply, Sunset Beach and Leland
(910) 754-9166 • www.BrunswickWomensCenter.org

OBSTETRICS & GYNECOLOGY



L. Joseph Swaim, M.D., FACOG
BOARD CERT: Obstetrics and Gynecology
MEDICAL SCHOOL: University of North Carolina at Chapel Hill
Brunswick Women's Center
Locations in Supply, Sunset Beach, and Leland
(910) 754-9166 • www.BrunswickWomensCenter.org



Lee Toler, DO
BOARD CERT: Obstetrics & Gynecology
MEDICAL SCHOOL: West Virginia School of Osteopathic Medicine
Brunswick Women's Center
Locations in Supply, Leland & Sunset Beach
910-754-9166 • www.BrunswickWomensCenter.org

ORTHOPAEDIC



Richard Leighton, D.O.

Orthopaedics
BOARD CERTIFICATION:
American Osteopathic Board of
Orthopaedic Surgery
MEDICAL SCHOOL: Philadelphia College
of Osteopathic Medicine

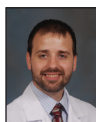
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John A. Azzato, M.D., FAAOS
BOARD CERT: Orthopaedic Surgery
MEDICAL SCHOOL: Jefferson Medical School of Pennsylvania
Orthopaedic Specialists
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Beach
(910) 457-4789 • www.TheOrthoSpecialists.com



Eric Dyer, PA-C, ATC
BOARD CERT: Certified Physician Assistant and Athletic Trainer
MEDICAL SCHOOL: Physician Assistant Education: South
University, Savannah, GA
Orthopaedic Specialists
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Thomas B. Kelso, M.D., FAAOS
BOARD CERT: Orthopaedic Surgery
MEDICAL SCHOOL: University of Maryland
Orthopaedic Specialists
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(910) 457-4789
www.TheOrthoSpecialists.com



Eric Lescault, D.O., FAAOS
BOARD CERT: Orthopaedic Surgery
MEDICAL SCHOOL: University of New England
Orthopaedic Specialists
Locations in Supply, Southport, Sunset Beach, Leland and Carolina
Beach
(910) 457-4789 • www.TheOrthoSpecialists.com



Michael M. Marushack, M.D., FAAOS
BOARD CERT: Orthopaedic Surgery
MEDICAL SCHOOL: University of Utah
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BOARD CERT: Orthopaedic Surgery
MEDICAL SCHOOL: Wake Forest University
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(910) 457-4789 • www.TheOrthoSpecialists.com

PULMONARY MEDICINE



Babysarajah Ravindran, M.D., FCCP
BOARD CERT: Pulmonary Medicine
MEDICAL SCHOOL: University of Sri Lanka, Peradeniya
Brunswick Pulmonary & Internal Medicine
5145 Sellers Street, Shallotte
(910) 754-4572

SURGERY



Dr. Richard A. DeSandre, MD, FACS
BOARD CERT: General Surgery
MEDICAL SCHOOL: Universidad Autonoma de Guadalajara, Mexico
Brunswick Surgical Associates
6 Doctor's Circle, Suite 6, Supply / 710 Sunset Boulevard, Suite B, Sunset Beach
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Richard Scallion, M.D., FACS
BOARD CERT: General Surgery
MEDICAL SCHOOL: Medical College of Georgia
Brunswick Surgical Associates
Locations in Supply, Sunset Beach
(910) 575-4606 • www.BrunswickSurgicalAssociates.org



Mark Tillotson, M.D., FACS
BOARD CERT: General Surgery
MEDICAL SCHOOL: University of Texas Health Science Center
Brunswick Surgical Associates
Locations in Supply, Sunset Beach
(910) 575-4606 • www.BrunswickSurgicalAssociates.org

CARDIOLOGY

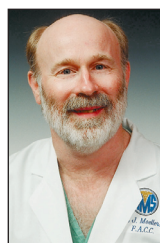


910-763-5182

Martin J. Conley, Jr., M.D., FACC

Cardiology
BOARD CERTIFICATION: Internal Medicine, Cardiovascular Disease
MEDICAL SCHOOL: Duke University School of Medicine - Durham, NC

Hanover Medical Specialists, P.A.
1515 Doctor's Circle, Bldg C
Wilmington, NC
www.hmsdocs.com



910-763-5182

Michael J. Moeller, M.D., FACC

Cardiology
BOARD CERTIFICATION: Internal Medicine, Cardiovascular Disease
MEDICAL SCHOOL: SUNY Upstate Medical Center - Syracuse, NY

Hanover Medical Specialists, P.A.
1515 Doctor's Circle, Bldg C
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910-763-5182

David T. Sawyer, M.D., FACC

Cardiology
BOARD CERTIFICATION: Internal Medicine, Cardiovascular Disease
MEDICAL SCHOOL: Jefferson Medical College - Philadelphia, PA

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James W. Snyder, M.D., FACC
Cardiology
BOARD CERTIFICATION: Internal Medicine, Cardiovascular Disease
MEDICAL SCHOOL: UNC Chapel Hill School of Medicine, Chapel Hill, NC

Hanover Medical Specialists, P.A.
1515 Doctors Circle, Bldg. C
Wilmington, NC
www.hmsdocs.com

910-763-5182

Peter J. Wiegman, M.D.
Cardiology
BOARD CERTIFICATION: Internal Medicine, Cardiovascular Disease
MEDICAL SCHOOL: University of South Carolina School of Medicine - Charleston, SC

Hanover Medical Specialists, P.A.
1515 Doctors Circle, Bldg. C
Wilmington, NC
www.hmsdocs.com

910-763-5182

Michael J. Yarnoz, M.D.
Cardiology
BOARD CERTIFICATION: Internal Medicine, Cardiovascular Disease
MEDICAL SCHOOL: University of South Florida College of Medicine - Tampa, Florida

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1515 Doctors Circle, Bld. C
Wilmington, NC
www.hmsdocs.com

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Teresa Holler MS, PA-C
Family Practice
BOARD CERTIFIED: NCCPA
MEDICAL TRAINING: Touro College; Alderson-Broaddus College; NOVA-Environmental Health Doctoral Course

Victory Health Consultants, LLC
5552 Carolina Beach Rd, Suite B4
Wilmington, NC 28428

910-473-3222**GASTROENTEROLOGY**

Kevin M. Gaylord, M.D.
Gastroenterology
BOARD CERTIFICATION: Internal Medicine, Gastroenterology
MEDICAL SCHOOL: East Carolina University School of Medicine - Greenville, NC

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3 NON-SURGICAL APPROACHES TO KEEP YOU PAIN & INJURY FREE

1 KNEE ARTHRITIS



Visco-Supplementation

WHO WOULD BENEFIT? Individuals with knee arthritis.

HOW DOES IT WORK? Medication is injected into the knee joint in a series of 3-5 injections. The visco-supplementation liquid acts as a lubricant and shock absorber in the joint and reduces the pain from the worn out joint.

HOW IS THE PROCEDURE PERFORMED? The visco-supplementation liquid extract is injected with a needle directly into the knee.

HOW LONG DOES IT TAKE? Only a few minutes.

WHEN CAN I RETURN TO ACTIVITY? While soreness may persist you can return to activity as soon as you feel able. Full effects of treatment may take several weeks.

ANY SIDE EFFECTS? Temporary pain from the injection site may occur. Though highly unusual, bleeding or infection could occur.

WHAT DOES IT COST, AND WILL TYPICAL INSURANCE COVER IT? Most insurance companies cover the cost though specific guidelines, such as X-ray indicating osteoarthritis, may be needed.

*WE HOPE THIS ADVICE MAY BE HELPFUL TO YOU. IT IS NOT INTENDED TO REPLACE THE ADVICE OF A PHYSICIAN. IF SYMPTOMS PERSIST, SEE YOUR SPECIALIST.

2 BACK OR NECK PAIN



Facet Joint Injection

WHO WOULD BENEFIT? Individuals with back or neck pain.

HOW DOES IT WORK? Your spine contains structures called facet joints which can become swollen and painful. Medication can be injected into the inflamed facet joint to help reduce inflammation and relieve pain.

HOW IS THE PROCEDURE PERFORMED? This is an outpatient procedure performed by an interventional pain medicine specialist. A steroid injection is guided into the irritated facet joint using a fluoroscope (x-ray imaging).

HOW LONG DOES IT TAKE? Depending on the severity of condition, 10-20 minutes. Patients usually experience relief after 1-3 days, full effects of treatment may take several weeks.

WHEN CAN I RETURN TO ACTIVITY? Within 1-3 days, relief from injections can last for weeks to months. Repeat injections may be needed if symptoms return.

ANY SIDE EFFECTS? Soreness at injection site is mild but common. Complications are rare but can include infection and bleeding.

WHAT DOES IT COST, AND WILL TYPICAL INSURANCE COVER IT? Most insurance companies usually cover 80 percent of the expense.

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HOW DOES ASTYM WORK? ASTYM certified therapists use techniques and instruments along the surface of the skin to locate problem areas. Treatment stimulates regeneration and the body's own healing.

HOW LONG DOES IT TAKE? Therapy sessions last about 30 minutes. Most patients experience a significant change in their symptoms within a few visits.

WHEN CAN I RETURN TO ACTIVITY? You will be encouraged to remain active during treatment.

WHAT DOES IT COST, AND WILL TYPICAL INSURANCE COVER IT? Most insurance companies cover the ASTYM treatment. Your insurance co-pays will apply.

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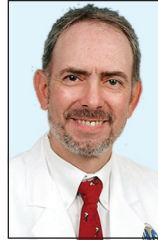
Gastroenterology

BOARD CERTIFICATION:

Internal Medicine, Gastroenterology

MEDICAL SCHOOL: UNC Chapel Hill
School of Medicine - Chapel Hill, NC

Hanover Medical Specialists, PA
1515 Doctor's Circle, Bldg A
Wilmington, NC
www.hmsdocs.com



910-763-1219

Michael R. Mastrangelo, M.D.

Gastroenterology

BOARD CERTIFICATION: Internal
Medicine, Gastroenterology

MEDICAL SCHOOL: University of
Kentucky School of Medicine, Lexington, KY

Hanover Medical Specialists, P.A.
1515 Doctor's Circle, Bldg A
Wilmington, NC
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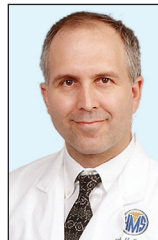
James M. Mertesdorf, M.D.

Gastroenterology

BOARD CERTIFICATION: Internal
Medicine, Gastroenterology

MEDICAL SCHOOL: Loyola University
Stritch School of Medicine, Maywood, IL

Hanover Medical Specialists, P.A.
1515 Doctors Circle, Bldg A
Wilmington, NC
www.hmsdocs.com



910-763-1219

**Frederick H. Oppen, M.D. FACP,
FACG, AGAF**

Gastroenterology

BOARD CERTIFICATION: Internal Medicine,
Gastroenterology, Clinical Nutrition

MEDICAL SCHOOL: University of Health
Sciences - Chicago Medical School, Chicago, IL

Hanover Medical Specialists, P.A.
1515 Doctor's Circle, Bldg A
Wilmington, NC
www.hmsdocs.com

HEMATOLOGY/ONCOLOGY



910-343-0447

John W. Anagnost, M.D.

Hematology/Oncology

BOARD CERTIFICATION: Internal
Medicine, Oncology/Hematology

MEDICAL SCHOOL: Jefferson Medical
College - Philadelphia, PA

Hanover Medical Specialists, P.A. Waterford Medical Center
1520 Physician's Dr, Bldg O, Suite 302
Wilmington, NC 509 Olde Waterford Way
www.hmsdocs.com Leland, NC



HEMATOLOGY/ONCOLOGY



Birgit A. Arb, M.D.

Hematology/Oncology

BOARD CERTIFICATION: Internal Medicine, Oncology

MEDICAL SCHOOL: Pennsylvania State University School of Medicine

Hanover Medical Specialists, P.A. Waterford Medical Center
1520 Physicians Dr, Bldg O, Suite 302
Wilmington, NC 509 Olde Waterford Way
www.hmsdocs.com Leland, NC

910-343-0447



Kenneth W. Kotz, M.D.

Hematology/Oncology

BOARD CERTIFICATION: Internal Medicine, Oncology/Hematology

MEDICAL SCHOOL: University of Maryland School of Medicine - Baltimore, MD

Hanover Medical Specialists, P.A.
1520 Physicians Dr, Bldg O,
Wilmington, NC
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910-343-0447



William McNulty, M.D.

Hematology/Oncology

BOARD CERTIFICATION: Internal Medicine, Oncology

MEDICAL SCHOOL: University of South Carolina School of Medicine - Columbia, SC

Hanover Medical Specialists, P.A.
1520 Physicians Dr, Bldg O,
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Douglas J. Testori, D.O.

Hematology/Oncology

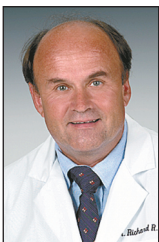
BOARD CERTIFICATION: Internal Medicine, Oncology

MEDICAL SCHOOL: Kirksville College of Osteopathic Medicine

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MEDICAL SCHOOL: Ohio College of Podiatric Medicine

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1776 Wellington Ave Ste 1 - Wilmington, NC

910-762-2404



David K. Sutton, M.D. is a comprehensive ophthalmologist specializing in cataract surgery and complete eye exams, including glasses and contact lenses, management of glaucoma, diabetic eye disease, macular degeneration, and treatment of dry eyes. Dr. Sutton completed medical school and ophthalmology residency at the University of North Carolina at Chapel Hill, where he received a national award for excellence in cataract surgery. He is accepting new patients and has offices in Wilmington and Oak Island. Dr. Sutton maintains clinical and surgical privileges at New Hanover Regional Medical Center, Wilmington SurgCare, and Southport's J. Arthur Doshier Memorial Hospital.

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Erik van Rens, M.D.

Ophthalmology

BOARD CERTIFICATION:

Ophthalmology

MEDICAL SCHOOL: School of Medicine
at The University of Amsterdam

Retina of Coastal Carolina
1801 New Hanover Medical Park Drive
Wilmington, NC
www.retinaofcoastalcarolina.com

910-254-2023



Igor Westra, M.D.

Ophthalmology

BOARD CERTIFICATION:

Ophthalmology

MEDICAL SCHOOL: Dartmouth Medical
School

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 Orthopaedic Specialists
 Locations in Supply, Southport, Sunset Beach, Leland and Carolina Beach
 (910) 457-4789 • www.TheOrthoSpecialists.com

**Eric Lescault, D.O., FAAOS**

BOARD CERT: Orthopaedic Surgery
 MEDICAL SCHOOL: University of New England
 Orthopaedic Specialists
 Locations in Supply, Southport, Sunset Beach, Leland and Carolina Beach
 (910) 457-4789 • www.TheOrthoSpecialists.com

**Michael M. Marushack, M.D., FAAOS**

BOARD CERT: Orthopaedic Surgery
 MEDICAL SCHOOL: University of Utah
 Orthopaedic Specialists
 Locations in Supply, Southport, Sunset Beach, Leland and Carolina Beach
 (910) 457-4789 • www.TheOrthoSpecialists.com

OTOLARYNGOLOGY

**Dr. Elizabeth Von Biberstein**

Otolaryngology
 BOARD CERTIFICATION: Otolaryngology
 MEDICAL SCHOOL: Bachelor of Science in Biology from the University of North Carolina at Chapel Hill in 1986 and earned her doctorate of medicine from East Carolina University

Wilmington Ear, Nose & Throat Associates
 2311 Delaney Avenue, Wilmington, NC 28403
 www.wilmingtonent.com

910-762-8754

**Dr. Jan Bogus PHD**

Audiology
 BOARD CERTIFICATION: American Academy of Audiology; and Certificate of Clinical Competence from American Speech Language-Hearing Association in Audiology
 MEDICAL SCHOOL: graduated in 1984 from UNC-Greensboro with a master's degree in Audiology. She received her Ph.D. in 1996 from the University of South Carolina in Columbia.

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910-762-8754

**Dr. Julie Grgurevic, MS**

Audiology
 BOARD CERTIFICATION: Certificate of Clinical Competence from American Speech Language-Hearing Association in Audiology
 MEDICAL SCHOOL: Undergrad, Univ. of Rhode Island; Masters, ECU in Greenville, NC

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**Dr. Stuart Hardy**

Otolaryngology
 BOARD CERTIFIED
 MEDICAL SCHOOL: University of North Carolina School of Medicine. Member of the American Academy of Otolaryngology and the American Academy of Facial Plastic and Reconstructive Surgery.

Wilmington Ear, Nose & Throat Associates
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OTOLARYNGOLOGY

**Dr. Eugene McMurray**

Otolaryngology
 BOARD CERTIFICATION: Otolaryngology
 MEDICAL SCHOOL: University of North Carolina at Chapel Hill

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 2311 Delaney Avenue, Wilmington, NC 28403
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910-762-8754

**Dr. Julie Miller**

Audiology
 BOARD CERTIFICATION:
 Communication Disorders
 MEDICAL SCHOOL: Bach., Appalachian State 2002; Masters, UNC Greensboro 2004

Wilmington Ear, Nose & Throat
 2311 Delaney Ave., Wilmington, NC 58403
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910-762-8754

OTOLARYNGOLOGY/
HEAD & NECK SURGERY**George Moore Brinson, M.D.**

Otolaryngology/Head and Neck Surgery
 BOARD CERTIFICATION:
 Otolaryngology/Head and Neck Surgery
 MEDICAL SCHOOL: University of North Carolina at Chapel Hill. He was awarded the Morehead Scholarship and received a B.S. in chemistry and an M.D. with honors.

Wilmington Ear, Nose & Throat Associates
 2311 Delaney Avenue, Wilmington, NC 28403
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910-762-8754

PULMONARY

**W. Giles Allen, M.D., FCCP**

Pulmonary Medicine, Sleep Medicine
 BOARD CERTIFICATION: Internal Medicine, Pulmonary Disease, Critical Care, Sleep Medicine
 MEDICAL SCHOOL: Bowman Gray School of Medicine, Wake Forest University

Coastal Pulmonary Medicine, PA
 1090 Medical Center Drive
 Wilmington, NC
 www.coastalpulmonarymedicine.com


910-343-3345

**Carter J.H. Childs, MD**

Pulmonary Medicine, Sleep Medicine
 BOARD CERTIFICATION:
 Internal Medicine, Pulmonary Disease, Critical Care
 MEDICAL SCHOOL: Wake Forest University

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Brian J. Gilmore, M.D., FCCP
Pulmonary Medicine, Sleep Medicine
BOARD CERTIFICATION: Internal
Medicine, Pulmonary Disease, Critical
Care
MEDICAL SCHOOL: University of
Pennsylvania School of Medicine

Coastal Pulmonary Medicine, PA
1090 Medical Center Drive
Wilmington, NC
www.coastalpulmonarymedicine.com



910-343-3345

Brian M. Legere, M.D., FCCP
Pulmonary Medicine, Sleep Medicine
BOARD CERTIFICATION: Internal
Medicine, Pulmonary Disease, Critical
Care, Sleep Medicine
MEDICAL SCHOOL: University of
Massachusetts Medical School

Coastal Pulmonary Medicine, PA
1090 Medical Center Drive
Wilmington, NC
www.coastalpulmonarymedicine.com



910-343-3345

Christian B. Lloyd, M.D., FCCP
Pulmonary Medicine, Sleep Medicine
BOARD CERTIFICATION: Internal
Medicine, Pulmonary Disease, Critical
Care, Sleep Medicine
MEDICAL SCHOOL: University of South
Florida College of Medicine

Coastal Pulmonary Medicine, PA
1090 Medical Center Drive
Wilmington, NC
www.coastalpulmonarymedicine.com

SURGERY



910-763-6571

**Dr. Hormoze Goudarzi, MD,
F.R.C.S., F.A.C.S**
General Surgery
BOARD CERTIFICATION: General Surgery
MEDICAL SCHOOL: Guy's Hospital
Medical School, University of London,
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- J. William Eakins, MD
- Charles B. Herring, MD
- J. Todd Komegay, MD
- Clifford T. Lewis, MD
- Darcy J. Rezac, PA-C
- Elizabeth C. Ward, PA-C

Myrtle Grove Office

910.792.1144

- Christian P. Daniel, MD
- D. Elijah Gregory, MD
- Dean H. Karras, MD
- Shona F. Martin, MD
- Neill H. Musselwhite, MD
- John G. Player, MD
- Jeffrey L. Warhaftig, MD

Ogden Office

910.686.2525

- John D. Boldizar, MD
- Bryan J.H. Broadbent, MD
- Janice F. Dickerson, MD
- Peter G. Manolukas, DO
- Amy E. Messier, MD
- Matthew R. Messier, MD
- Margaret W. Pierson, MD
- Noah R. Pierson, MD

FAMILY MEDICINE

Wrightsville Beach Family Medicine

910.344.8900

- Peter Kramer, DO
- Laura Quarino, NP

Pender Primary Care - Rocky Point

910.259.0400

- Christi Ray, DO

INTERNAL MEDICINE

Morgan Internal Medicine

910.332.0241

- Alan Morgan, MD
- Eric Carter, PA-C

Pender Primary Care - Burgaw

910.259.0600

- Pamela Smith, MD

URGENT CARE

NHRMC Urgent Care - Military Cutoff

910.256.6222

- Robert Penn, MD
- Kim Farmer, PA-C

NHRMC Urgent Care - Wallace

910.285.0333

- Kern Barrow, PA-C
- Ashley Pratt, PA-C

SPECIALISTS

Atlantic Urology

910.362.8765

- Ed Janosko, MD
- Rick Mynatt, MD
- Margaret Fleishman, PA-C

Cape Fear Heart Associates

910.815.3420

- Christopher C. Barber, MD, FACC
- William P. Buchanan, MD, FACC
- Linda P. Calhoun, MD, FACC
- P. Christopher Ellis, MD, FACC
- James S. Forrester Jr., MD, FACC
- James R. Harper Jr., MD, FACC
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- Mark T. Murphy, MD, FACC
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- William T. Smith IV, MD, FACC
- David E. Weaver, MD, FACC
- Timothy M. Winslow, MD, FACC
- Darlene Compeau, NP
- Dinah Craig, PA-C
- Mary Jackson, NP
- Sharon Lane, PA-C
- Andrea Payne, PA-C
- Charles Walton, PA-C
- Megan Whitley, PA-C

New Hanover Gynecologic Oncology

910.342.3000

- Walter H. Gajewski, MD
- Lucybeth Nieves Arriba, MD

New Hanover Neurology

- Tim Oster, MD
- Gail Imhof, NP

New Hanover Oncology

910.342.3000

- Kenneth Fink, MD
- Andrew Schreiber, MD
- Peter Ungaro, MD

New Hanover Oral and Maxillofacial

- Michael Goldwasser, MD, DDS
- Mark Austin, DDS

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- Tesfa-Alem Gebremeskel, MD
- Lora Hart, MD
- Patrick Martin, MD
- Michelle Pearce, MD
- Hans Stelmach, MD
- Doug Waldrep, MD
- David Brenner, PA-C
- Rita Pellicciari, NP

Onslow Oncology

910.455.5511

- Adelsola Awomolo, MD

Pediatric Surgery

910.667.6819

- Deborah Albert, MD
- Trilby Shier, PA-C

Robert T. Bennett Urology

910.763.6257

- Robert Bennett, MD

Urology Comprehensive Services

910.254.1033

- Roc McCarthy, DO

HOSPITALISTS

New Hanover Regional Hospitalists

- Kevin Adgent, MD
- Mario Basegoda, MD
- Dwight Blair, MD
- Tony Blue, MD
- Sara Borcharding, MD
- Shazia Choudry, MD
- Clyde Harris, MD
- Lisa Keeton, MD
- Thomas Lee, MD
- Charmaine Lewis, MD
- Justin Miller, MD
- Li Tan Nichols, MD
- Jennifer Pagliei, MD
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- Charles Talton, MD
- Thomas Wertheimer, MD
- Melissa Collins, NP
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CLINICS

New Hanover Nurse Practitioner Clinic

- Brenda Melvin, NP
- Patricia Nielson, NP
- Victoria Oxendine, NP
- Mary Alice Stanley, NP
- Christine Ward, NP